F. *Diet Scale for European and Eurasian Prisoners.*

Articles.	Ordinary (B) scale for laboring Convicts.						
	Sunday.	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.
	oz.	oz.	oz.	oz.	oz.	oz.	oz.
Bread ...	12	12	12	12	12	12	12
Meat ...	8	8	8	8	8	8	8
Rice ...	8	8	8	8	8	8	8
Vegetables ...	10	10	10	10	10	10	10
Salt ..	¾	¾	¾	¾	¾	¾	¾
Onions ...	½	½	½	½	½	½	½
Curry-powder ...	⅜	0	⅜	0	⅜	0	⅜
Pepper ...	0	⅜	0	⅜	0	⅜	0
Dál ...	1	1	1	1	1	1	1
Ghee ...	1	1	1	1	1	1	1
Tamarind ...	½	0	½	0	½	0	½
Lime Pickle ...	⅛	⅛	⅛	⅛	⅛	⅛	⅛
Sugar ...	1	1	1	1	1	1	1
Coffee ...	1	1	1	1	1	1	1
Milk ...	¼ Pint daily.						
Firewood ...	2 lbs. daily.						

Other scales.

Full (A) scale for long term convicts at hard labor—as B scale except

		oz.
Bread	...	16
Meat	...	10
Vegetables	...	12
Ghee	...	1½

For *non-labor, under-trial* and *under 7 days' sentence*—as B scale except

		oz.
Bread	...	8
Meat	...	6
Vegetables	...	8
Rice	...	6

Punishment diet, Bread 1 lb. Water 2 pints.

Females: For all long term convicted prisoners.

		On curry days. oz.	*On stew days.* oz.
Bread	...	12	12
Meat	...	6	6
Vegetables	...	8	8
Rice	...	8	8
Dál	...	1	1
Ghee	...	1	1

The other ingredients the same as for males.

Medium or B scale: for short term, under-trial or non-labor.

		On curry days. oz.	*On stew days.* oz.
Bread	...	8	8
Meat	...	4	4
Vegetables	...	8	8
Rice	...	6	6
Dál	...	1	1
Ghee	...	1	1

The other ingredients the same as above.

Food to be cooked as *stew* on Monday, Wednesday, Friday.
Do Do. as *curry* on Sunday, Tuesday, Thursday and Saturday.
4 drams of salt to be issued powdered and eaten with the food.
Half of the vegetables to be potatoes.
Coffee to be made with 1 pint of water.
Late Admissions to receive 1 pint of soji gruel (4 oz. of soji and 2 oz. of sugar) or pepper water and rice (½lb).
The full or (A) scale not to be given except for health reasons.

H. H. SPARKES,
Superintendent.

NOTICE.

The 31st October 1889.

A reward of Rs. 35 is offered by one N. Sundaram Iyer, Loco. Foreman's Clerk, Southern Mahratta Railway, Arsikere, for such information that will lead to the detection of the offender and recovery of the undermentioned articles stolen from his house on 24th October 1889:—

No.	*Description.*	*Probable value.* Rs.	A.	P.
1.	One pair of silver anklets (golasu)	70	0	0
2.	One pair of gold chandra murugu set with rubies and pearls ..	70	0	0
3.	One pair of vole (ear-rings) with gold jumkis	50	0	0
4.	One kuradi bavali set with rubies	12	0	0
5.	One gold syamanthige huvu (hair ornament)	8	0	0
	Total...	210	0	0

C. HAUDIN,
Asstt. Commr., in charge of Railway Police.